08
Tackling loss

16
He's a soul man

17
Turning pages

# thenewhammag

issue 347 // 12 – 25 August 2016 // Every fortnight

## Music and fireworks

Come and enjoy fun under the stars (p12)

Look out for the next issue from **26 August 2016.**

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Newham London


**PUBLICATIONS OFFICER**: Kay Atwal
**STAFF PHOTOGRAPHER**: Andrew Baker
Call the Mag team on **020 3373 1517**
To advertise in the Mag call
Julie Madell on **07890 529 090**


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# News

## Thousands of new homes on way

**Plans to accelerate the regeneration of Custom House have been approved by Mayor Sir Robin Wales and Newham Council's Cabinet.**

Councillors approved proposals for the council to seek one or more partners to work with the local authority to speed up the process of delivering thousands of modern, high quality homes and an improved retail and commercial environment.

The regeneration of the area has been a long-term commitment of the council. In 2003 the Canning Town and Custom House masterplan was approved and updated in 2007. In 2010 work began on the first phases of the regeneration in Canning Town which have now delivered more than 900 homes and another 900 under construction, increasing the number of affordable homes in the area.

Now with the new Crossrail station at Custom House progressing well and the service due to commence in 2018, the council is looking to find a partner or partners to help deliver an overhaul of housing, shops, offices and public spaces in areas identified in the masterplan.

Ken Clark, Cabinet member for regeneration and planning, said: "This is another exciting step in Newham's regeneration. Residents have seen great strides made at Canning Town and other parts of the borough and now we want to extend the benefits to Custom House by providing our residents with better quality housing and an improved environment.

"By finding partners to work with the council on this project we will maintain control over the development and be able to ensure our residents reap the maximum benefits whether it is through better housing, new jobs or modern commercial facilities."

The council has an agreed Residents' Charter, which includes for secure tenants to have priority for rehousing in the area and priority status for returning into the new developments. The council has also agreed a charter for shopkeepers in Freemasons Road to support local businesses through the regeneration programme.

How the Crossrail Station will look

## Partners sought for regeneration scheme

# News

## Centre makeover is the business

Newham councillors Forhad Hussain and Joy Laguda offered their support to 12 corporate volunteers from Citibank who spent a day giving a makeover to a community centre in Plaistow.

Newham Council's Plaistow community neighbourhood team worked with the East London Business Alliance to arrange the corporate day at the Jeyes Community Centre in James Close. The volunteers painted the main hall and constructed and varnished three planters in the garden. Citibank also donated £500 for the materials.

Councillors Hussain and Laguda, who represent Plaistow North ward, thanked the workers. Councillor Hussain, Cabinet member for crime and anti-social behaviour and deputy for building communities, said: "It was hard work but the volunteers enjoyed the day.

"They welcomed the opportunity to be able to do something creative and make a positive contribution to the community. The users of the centre are very pleased."

Cllrs Hussain and Laguda with volunteers and centre users

Cllr Wilson and Clement Ofoedu

## Scary movie is a reel success

A scary movie produced by an independent film-maker from Beckton and supported by Newham Council has won a film festival award.

The Attachment, the debut project of Clement Ofoedu and his company Back Eagle Films, was voted Best Horror Feature Film at the Down East Flick Fest in America.

The supernatural tale was filmed on a low budget across Beckton including the Beckton Globe Library and the Tollgate Tavern. The Beckton Parkside Community Group and charity Community Links were also involved.

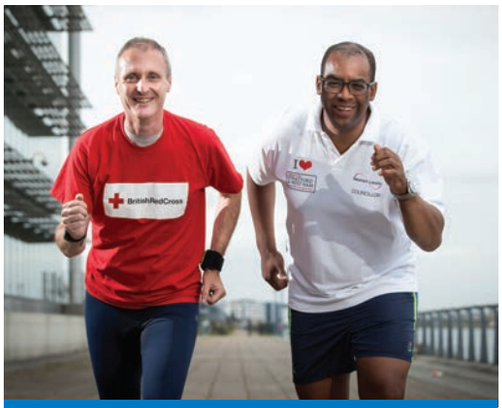
Newham councillor Tonii Wilson, who represents Beckton ward, attended a screening at Stratford Picture House. She said: "Clement has showed that you don't need lots of money and a big studio to make a good film."

Clement said: "Our collective community effort has produced a great piece of work of which we should all be proud. I thank everyone involved." For details see **www.theattachmentmovie.com**

## Corporate volunteers support community project

# ...in brief

## Helping hand for marathon man



Cllr Paul, right, with Paul

Newham councillor Terence Paul gave distance runner Paul Lewis a helping hand in his challenge to run 50 marathons in 50 days.

Paul, 50, from Plaistow, has already run more than 100 marathons since taking up the sport in the 1980s. He is raising money for the British Red Cross. He began his challenge on 17 July as part of the Great Newham London Run and finishes on 4 September.

Councillor Paul joined him for the first mile of a marathon distance that started from Newham Council's headquarters in the Royal Docks and took him around the boundary of the borough. He said: "I take my hat off to Paul. It's a formidable challenge for a great cause."

Anyone who runs part of the way with Paul receives a medal. To sponsor him visit **justgiving.com/jerseyrunner5** or follow his blog at **outrunthezombeez.wordpress.com**

## Woman banned from owning pets

An owner who allowed her five-year dog to die from injuries sustained in a fight with another of her dogs has been banned from owning animals for ten years.

Charlene St Louis, from Upton Park, was also given an 18-month suspended prison sentence by Thames Court for causing unnecessary suffering, failing to ensure an animal's welfare and owning a dangerous dog.

St Louis had taken her dog's body to be disposed of at an animal charity who contacted Newham Council's animal welfare team. They discovered her other dog was a banned pit-bull terrier and her pets fought frequently.

### Airport upgrade is approved

Newham Council has welcomed the Government's decision to support the upgrade and expansion of Silvertown's London City Airport, which was approved by Newham Council but blocked by Boris Johnson, then Mayor of London.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "We will work with the airport to ensure the stringent conditions we attached to the planning permission are complied with. They protect residents against noise pollution and secure job benefits."

### Best for All consultation

One in six of Newham's children and young people has an identified special educational need. Newham Council wants views from parents and children on how we can develop and improve support for special educational needs and disability (SEND) in Newham.

Feedback will be used to develop a five-year SEND strategy to help achieve the best outcomes for all children and young people. To make comments, visit **www.newham.gov.uk/BestforAll** by Friday 16 September

### Change on Housing Benefit rules

Newham residents are reminded that the Government have changed rules on Housing Benefit entitlement when you are temporarily away from home.

The changes now distinguish between being temporarily away from home in Great Britain and outside Great Britain.

If you are temporarily away on holiday or visiting relatives outside Great Britain you can still be entitled to Housing Benefit for up to four weeks provided certain conditions are met. To see the conditions visit **www.newham.gov.uk/change**

# Challenge of 50 marathons in 50 days

# Mayor's view

# Legacy must benefit all

The 2016 Olympic Games are under way in Rio, but it doesn't seem like four years since we were proud hosts of the 2012 Games in Stratford. We've done much since then to ensure residents continue to benefit from an Olympic legacy – but it's no thanks to the International Olympic Committee (IOC).

The IOC may organise the Games, but in my experience they don't care about legacy. The may say they are, but they're not. When the Games in London were finished, off they went. There has been no coming back to see what can be done. There are individuals that want to do a good job, but as an organisation, they're not interested in legacy at all.

> "I am committed to ensuring the opportunities this will bring benefits the whole community."

It was only because Newham and the other host boroughs fought hard to secure a real, meaningful legacy that anything was achieved. For us hosting the Olympics had to be a catalyst for improvement and change. That's why we have been able to transform some of our poorest former industrial areas to bring new homes, jobs and opportunities.

But regeneration has to be about more than shiny buildings. It has to make a difference to residents' lives. Workplace, our employment service, was set up in 2007 to ensure people benefited from the 2012 Games and other regeneration projects. Now 30,000 jobs have been filled with Newham residents.

Our approach is working. Newham has seen one of the biggest falls in deprivation, dropping from the second most deprived council in the country to the 25th. Our employment rate has also seen the greatest increase across the whole of London.

It is imperative we keep pushing further. Newham and East London should be the focus of the Capital's development over the next 20 years. I am committed to ensuring the opportunities this will bring benefits the whole community. It is something those organising the Rio Games would do well to remember.

At the Stadium in 2012

# Odds on the fight will continue

More than 18 months ago Newham Council led a coalition of 93 local authorities in a bid to reduce the number of betting shops with high stake gaming machines that are blighting the nation's high streets.

We called on the Government to take action against the machines, which have been labelled the "crack cocaine" of the gambling industry, found in bookies.

> "We want to see the maximum stakes on these machines brought down to £2, in line with other gaming machines found in arcades and bingo halls."

**Fixed odds betting terminals are spurring on betting shops in our high streets**

Fixed odds betting terminals allow punters to play casino-style games, placing £100 bets within seconds of walking in from the high street without speaking to anyone. And just 20 seconds later a further £100 can be staked as the electronic roulette wheel resets.

High stakes, quick-fire gambling has no place on our high streets. It has led to the proliferation of bookies by betting shop chains wanting to maximise their profits from these machines, which already rake in more money than traditional over the counter betting.

Many betting shops have only one member of staff on duty at a time, who are unable to intervene and regulate the gambling that is taking place or nip anti-social behaviour often associated with bookies in the bud. This is why we want to see the maximum stakes on these machines brought down to £2, in line with other gaming machines found in arcades and bingo halls.

Frustratingly, even though a quarter of local authorities, who represent almost half of the population in England, backed this campaign, the Government rejected our call last summer. However we have not waivered in our resolve and we continue to work with the Local Government Association to lobby the Government.

We put our case to Government officials again last month and we are due to meet them again in the autumn. I hope that we will be able to report a positive outcome.

# Simple test that could save lives

**Every week in the United Kingdom, at least 12 young people aged 35 and under die suddenly from a previously undiagnosed heart condition. Newham councillor Freda Bourne's grandson Harley Brandon, 21, died in January. She doesn't want other families to experience similar heartache.**

Eighty per cent of the deaths occur with no prior symptoms or warning signs, which is why Freda, a member for West Ham ward, says expert screening is so vitally important.

At Newham Council's Under the Stars music event in East Ham (18 to 21 August) there will be collection buckets for the charity CRY (Cardiac Risk in the Young) who work to raise awareness of the condition and the need for testing to spot early warning signs.

Said Freda: "There is little awareness of sudden cardiac death in young people. I hadn't heard of it until Harley died and only the few people I spoke to that had, was because they had been personally affected by it."

Sudden cardiac death is so named because subsequent post-mortem analysis fails to identify any obvious cause. "That is the really tragic thing," said Freda. "No one will ever be able to provide us with an answer as to why Harley died."

In his case there were no warning signs. The mechanical engineering student at Brighton University was on a return visit to his mother's home when he collapsed and died.

Freda said: "Twelve young people in this country aged between14 and 35 (80 per cent of them are boys) die in this way every week. All those families go through the same heartache that we did.

"In the autopsy they couldn't find anything wrong with Harley. The specialist who examined him said he was the healthiest 21-year- old she had seen. He was in perfect condition. She said she would never be able to give us any answers."

But for a simple test that Harley could have had when he was 14 while in Year Ten at school, he might still be alive. Freda wants the test to be made compulsory, like it is in Italy, where she says it has reduced the number of deaths in young people in the at risk group by 89 per cent.

She said: "The test might just save young lives. I don't want other families to go through what we went through.

"It is a simple test and begins with a questionnaire about health in the family. If the answers show a history of heart problems in the family there will be an electrocardiogram to check your heart's rhythm. It takes about ten minutes. If that shows anything there can be full scans to determine a diagnosis and next steps. Any parent can go to their GP and say they want their child tested, though it should be made compulsory when a child reaches the age of 14."

Any donations that people choose to make at Under the Stars will go towards research and towards mobile testing units so that CRY can continue raising awareness of the condition. Freda points to the recent case of England cricketer James Taylor, 26, who was forced to retire from the game after being diagnosed with a serious heart condition.

She said: "Harley was 6ft 6ins. He made an impression on everyone he met. He was a gentle giant. Something positive has to come from his death and raising awareness of the condition will do that. People don't know enough about it. We cannot let Harley's death be in vain."

**Under the Stars,**
Central Park,
East Ham, E6,
18 to 21 August.
For information about
**Cardiac Risk in the Young**
visit **www.c-r-y.org.uk**
Reg Charity No **1050845**

Cllr Bourne with a picture of grandson Harley

## COUNTING STARS

By **Atiha Sen Gupta**

**'A powerful piece of new writing on themes of love and exploitation'**
The Stage

**26 Aug - 17 Sep**

Sponsored by
**Fresh Wharf Developments Limited**

## GLASGOW GIRLS

Conceived by **Cora Bissett**, book by **David Greig**

**'The most politically engaged and enraged British musical Since Blood Brothers'**
Mark Shenton, The Stage

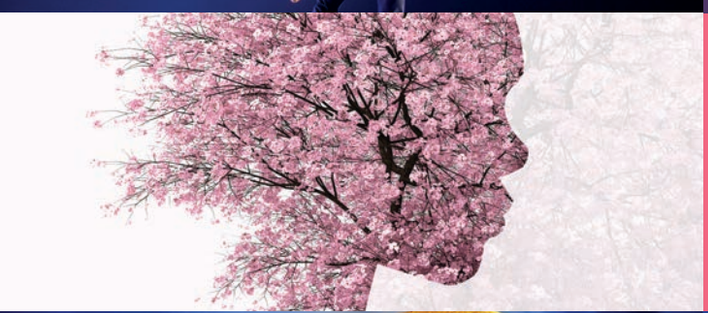
**20 Sep - 1 Oct**

## BALLET BLACK:TRIPLE BILL

**STORYVILLE, TO BEGIN, BEGIN AND CRISTAUX**

**Following a sold out run at the Barbican, this show is not to be missed!**

**6 - 8 Oct**



## THE HOTEL CERISE

By **Bonnie Greer**

**'Greer is clearly a writer of imagination'**
The Times

**20 Oct - 12 Nov**

## SINBAD THE SAILOR

Book and Lyrics by **Paul Sirett**, Music and Lyrics by **Wayne Nunes** and **Perry Melius**

**'That's the great thing about a TRSE pantomime - it celebrates tradition ultimately by flouting convention'**
The Stage

**28 Nov 2016 - 21 Jan 2017**

Sponsored by
Galliard Homes

## THE BUBBLY BLACK GIRL SHEDS HER CHAMELEON SKIN

Book, music and lyrics by **Kirsten Childs**

**'Sharp and tasty... funny, poignant... captivating new musical'**
New York Times

**1 Feb - 11 Mar 2017**

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# Festival time

## with the Young Mayor

**When she was elected last year, Newham's Young Mayor Alex Jarrett promised a Summer festival where young people could enjoy themselves in a place where they feel welcome and can try something new and inspiring. It takes place on Saturday 27 August.**

The first Newham Young Mayor Summer Festival is being held from 12 noon until 5pm at the Timber Lodge in Queen Elizabeth Olympic Park and is free to enter.

**"Each session is put on by young people, allowing them to showcase their talents and be a part of something great"**

The festival has a range of fun activities and workshops including street dance, drama, musical production, non-contact boxing, Stratford Circus acrobatics, a DJ, photo booth and refreshments. You also stand to win one of 50 vouchers worth £10 to spend at Westfield.

Attendees must be 11 to 18 and have signed up for the event in advance. Do so now at **www.young-mayors-summer-festival-tickets.eventbrite.co.uk** and choose which activities you want to take part in. Bring your Eventbrite ticket on the day or have it on your phone.

Young Mayor Alex said: "I promised a Summer event for young people and the Youth Council and I have worked with Newham Council, Theatre Royal Stratford East, East London Dance, Stratford Circus and activeNewham to make sure everyone has a great day for free. Each session is put on by young people, allowing us to showcase our talents and be a part of something great. I also want young people to feel connected to Queen Elizabeth Olympic Park."

The Timber Lodge is a ten-minute walk from Stratford International DLR Station, a 20-minute walk from Stratford Station or catch the 308 bus to nearby Chobham Academy. The festival is supported by the London Legacy Development Corporation and Newham's Every Child a Musician programme.

**For information about the Young Mayor and Youth Council visit www.newham.gov.uk/youngmayor or email young.mayor@newham.gov.uk or follow the Young Mayor on Twitter @ym_Newham**

# ENJOY THE SOUNDS OF UNDER THE STARS

**Newham's popular music event returns to East Ham's Central Park from Thursday 18 August to Sunday 21 August. Come and enjoy four nights of live outdoor music absolutely FREE.**

You can expect smooth reggae classics and ska rhythms on the opening night, the finest eastern beats on Friday and an evening of soul, disco and pop hits on Saturday. The Royal Philharmonic Orchestra perform classical music on Sunday complete with flags and spectacular fireworks. Mayor Sir Robin Wales said: "There's something for everyone to enjoy."

## THURSDAY 18 AUGUST

Daddy Ernie hosts the opening night. He has graced UK airwaves for more than 30 years mainly as Choice FM's flagship reggae DJ and at Vibes FM.

**7pm – Sandra Cross**
**8pm – The Lee Thompson Ska Orchestra – tunes from one of the founders of Madness**
**9:30pm – Junior Marvin's Wailers – Bob Marley classics assured**

Lovers Rock star Sandra Cross now opens the four-night extravaganza, replacing Carroll Thompson. Sandra was voted by BBC listeners as Britain's Best Female Reggae Singer on six occasions. She has had five number one singles and ten albums in the top ten chart. Expect to hear hits Country Living, You're Lying, Put It On, It's You and I Adore You.

Sandra Cross

Junior Marvin

## FRIDAY 19 AUGUST

BBC Asian Network's Tommy Sandhu is your host on Friday alongside DJ Sachy.

**7pm – Hemina Shah – a specialist in different styles of Asian music**
**7.35pm – Angel Dancers – performed at the 2012 Games**
**7.45pm – Bambi – nominated in the BritAsia Music Awards and Bhangra Awards**
**8.20pm – Zack Knight – crossover sound infused with R&B**
**9pm – Imran Khan – expect hit Ni Nachleh**
**9.45pm – Jaz Dhami – the UK's biggest Bhangra home grown talent**

Jaz Dhami

Angel Dancers

## SATURDAY 20 AUGUST

Saturday is hosted by Heart FM's radio producer Roberto, who has warmed up audiences at concerts for the biggest names in music around the world.

**7pm – Heatwave – dance along to Boogie Nights**
**8.10pm – Alexander O'Neal – expect hits Fake and Criticize**
**9.25pm – Björn Again – the closest you can get to ABBA**

Björn Again

Heatwave

## SUNDAY 21 AUGUST

**7.10pm – Newham's Every Child a Musician programme presents The ECaM Stars Orchestra**
**7.25pm – Interval**
**7.45pm – Royal Philharmonic Orchestra – conducted by John Rigby with soprano Deborah Norman and tenor John Pierce**
**8.35pm – Interval**
**8.55pm – Royal Philharmonic Orchestra**
**9.40pm – Fireworks grand finale**

The ECaM Stars Orchestra

Fireworks grand finale

The programme and acts are subject to change and times are approximate.

Under the Stars also offers caterers to satisfy even the fussiest eaters with everything from Indian curries to fish and chips, jerk chicken to burritos and waffles to candy floss. There is also a licensed bar.

If you prefer to take your own picnic, then feel free to dig out your hamper. Please note that glass is not allowed in the park so transfer any drinks into plastic bottles.

For children there is a traditional Big Wheel and a carousel. On Friday evening there will be a henna artist, a Bollywood-themed photo booth and a golden Bollywood human statue.

## USEFUL EVENT INFORMATION

There is no public parking. Limited Blue Badge parking is available. Please walk or use public transport. Bicycle racks are available in Central Park. Visit Transport for London's website www.tfl.gov.uk for travel updates.

This event takes place on grass. You may be searched as a condition of entry. No glass bottles or dogs are allowed. Last entry is 10pm.

# Thursday 18 to Sunday 21 August

## Gates open 6.30pm every day. Admission FREE
## Central Park, High Street South, East Ham, E6

For more information visit **www.newham.gov.uk/UTS**

Follow us on Twitter **@NewhamLondon**
Find us on Facebook **NewhamEvents**

Mayor of Newham

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Newham London

## Revised Bank Holiday refuse and recycling collection days

| Collection day | Revised collection day |
|---|---|
| Monday 29 August | Tuesday 30 August |
| Tuesday 30 August | Wednesday 31 August |
| Wednesday 31 August | Thursday 1 September |
| Thursday 1 September | Friday 2 September |
| Friday 2 September | Saturday 3 September |

To check recycling collection dates for your area please visit **www.newham.gov.uk/myneighbourhood** and enter your postcode into the search. Please note that most recycling collections are fortnightly.

recycle

visit **www.newham.gov.uk/recycling**



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# Games legacy is just the ticket

## Newham Council invested a £40 million repayable loan into the transformation of the former Olympic Stadium so that our residents get to benefit from the legacy of the 2012 Games.

Thousands of people packed into the Stadium in Queen Elizabeth Olympic Park on 22 and 23 July to cheer on greats including Usain Bolt, Mo Farah and Hannah Cockroft in races that made up the Muller Anniversary Games, the IAAF Diamond League event and the International Paralympic Committee (IPC) Grand Prix final.

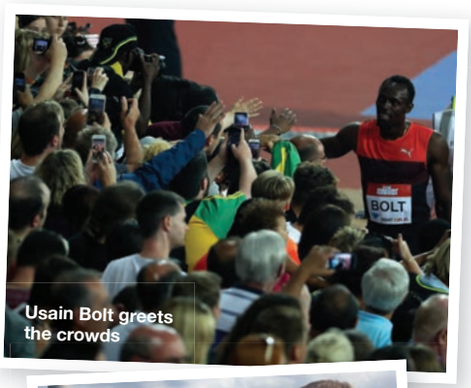
In the crowd were 100 Newham residents who saw the event free of charge thanks to Mayor Sir Robin Wales. A further 40 tickets were given to some of Newham's looked after children and young people in foster care.

Sir Robin said: "There will be further opportunities for residents to see events in the Stadium for free as part of Newham Council's commitment to ensure local people, and especially young people, have regular access to elite sport and top class entertainment. That is what we all promised would be one of the legacies of the 2012 Olympic Games and Paralympic Games."

Sharon Teasdale-Mellid from East Ham was one of the residents who got to see the event for free. She said: "I was delighted to get free tickets for the Saturday afternoon races at the Stadium. It was one of the best days of my life.

"I saw Mo Farah achieve the fastest time in the world this year at 5,000m. There was a collision in one of the wheelchair races that had me on the edge of my seat. The steeplechase and pole vault were also fabulous events. Thank you so much for the happy memories."

There will be further opportunities for residents to see events in the Stadium for free. Visit **www.newham.gov.uk/mayorsfreegiveaway** for more information.



Usain Bolt greets the crowds

Winner Sharon receiving her ticket

Doing the Mobot pose

# Soul man reviving **sounds of the 80s**

**Soul legend Alexander O'Neal will be wowing the audience at Under the Stars in East Ham's Central Park on Saturday 20 August with his nine-piece live band and backing singers. Major club anthems and soulful classics including If You Were Here Tonight, Fake, Criticize, and Saturday Love are expected.**

The Mississippi-born icon has had a career spanning three decades, but he attracted the attention of UK audiences in the late 1980s when his solo career took off. It included the release of his album Hearsay in 1987, which sold more than 700,000 copies in Britain alone.

The singer also embarked on several sell-out tours of the United Kingdom including six nights at Wembley Arena where his antics on stage on a bed with women from the audience were much talked about.

Alexander was born in 1953. He honed his unique vocal talents by constant touring of the live circuit in the United Sates in the 1970s. His band Flyte Tyme also went on to enjoy prestige as the backing band for the maverick and musical genius Prince.

He has maintained his popularity in the UK with continued sell-out tours, including a Prince's Trust concert and a BBC TV special. All of his six albums have charted in both the UK and the United States and have led to Alexander clocking up 162 weeks in the Guinness Book of Albums.

**Under the Stars**
**Thursday 18 to Sunday 21 August, Central Park, High Street South, East Ham, E6.**
Gates open daily at 6.30pm
Admission is free. Alexander O'Neal appears on Saturday 20 August.
See **www.newham.gov.uk/uts**
Follow us on Twitter @ **NewhamLondon**
Find us on Facebook at **newhamevents**

# Summer reading is a big friendly challenge

**The school holiday may be well under way, but there's still plenty of time to visit Newham's libraries and get involved in the Summer Reading Challenge, which this year is celebrating 100 years of the world's favourite storyteller Roald Dahl.**

The challenge called The Big Friendly Read, is great fun for every child and it will help keep their reading skills up during the long summer break.

It features many of Dahl's best loved characters and there are lots of fun, free creative events and activities across all of our libraries.

> "This challenge is a great way to keep our young people excited about books."

Taking part is easy and you can sign up at your nearest library branch. The aim is for children to read six library books of their own choice during the holiday and there are fantastic rewards to collect along the way including a certificate and a medal when you complete the challenge.

Many children have already signed up but if yours haven't yet, don't worry there is still lots of time. They can do so until Tuesday 13 September, the day we celebrate Roald Dahl's 100th birthday. Activities throughout the rest of August include Roald Dahl-inspired face painting and music events, themed theatre experience workshops and recycling sessions and story-telling sessions that bring to life Dahl characters.

Councillor Quintin Peppiatt, Cabinet member for children and young people, said: "It is really important that children keep up their reading during the summer months as it can often dip. This challenge is a great way to keep our young people excited about books."

For a full list of activities go to **www.newham.gov.uk/readingchallenge** or for details of your nearest library see the guide on page 30 of this Newham Mag or download the free What's On in Newham app by visiting **www.newham.gov.uk/communityevents**

# Choose a path travelled by 50,000 students

Choose the college that's No.1 for choice
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Newham Sixth Form College

New thinking
for a new world

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**newvic.ac.uk**

A paint job

Removal of signs

New signage

# The **gateway** to improvements

## Part of Newham Council's New Deal with residents was a commitment to invest time and money in keeping Newham clean and to improve first impressions of the borough. One new initiative is proving to be a success.

The Gateway Project has been taking place along the length of Romford Road. In March more than 400 planning enforcement notices were served on businesses and property owners, requiring the removal of unauthorised advertising hoardings and canopy structures, as well as requiring poorly maintained frontages to be improved. They had until July to comply.

To date 90% of the notices issued have either been complied with in full or owners are working towards compliance. The council will now take action against the minority that have ignored them.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "Almost all shopkeepers and owners have worked with us to improve their properties and we thank them for their support, but those who did nothing need to know we are coming after them. Residents want to see the borough neat and tidy and we will use all our powers to make sure that happens."

The Gateway Project is targeting all the main routes in Newham with Woodgrange Road and Forest Gate town centre next.

Any property in a poor state of repair or with unauthorised structures or advertisements can expect formal notices under the Town and County Planning Act 1990. Those that fail to act will be billed for any work the council carries out on their behalf. They also face a fine of up to £20,000 upon conviction for non-compliance.

> "Residents want to see the borough neat and tidy and we will use all our powers to make sure that happens"

Councillor Clark added: "We promised a cleaner Newham and this is innovative use of planning enforcement legislation is improving the quality, character and look and feel of the borough."

Newham London

# NEWHAM YOUNG MAYOR

## TIMBER LODGE, QUEEN ELIZABETH OLYMPIC PARK

- The event includes Musical Production, Non Contact Boxing and Creating Projects in the Queen Elizabeth Olympic Park
- DJ, photo booth, refreshments and prizes
- £10 Westfield voucher for the first 50 attendees

Sign up at: **young-mayors-summer-festival-tickets.eventbrite.co.uk** and bring your Eventbrite ticket on the day.

Supported by activeNewham, the London Legacy Development Corporation, Theatre Royal Stratford East and Newham's Every Child a Musician scheme.

Young MAYOR OF NEWHAM

## They don't get away with it

Tackling fly-tipping, littering and anti-social behaviour is a priority for Newham Council. We work hard to ensure our streets are clean and safe.

We will not hesitate to prosecute where we can, those responsible for dirtying our borough. Our most recent prosecutions went to court last month.

One fly-tipper who was caught in the act dumping rubbish three times in an East Ham street was ordered to pay the penalty for his misdemeanours, which amounted to £1,170.

A person who was caught fly-posting wedding show posters on three occasions was ordered to pay a total of £1,790. Two people must each pay a total of £392, one for spitting and the other for urinating in the street. Two people who dumped vehicles will each pay £420.

Fly-tipping is a criminal offence punishable by a fine of up to £50,000 or 12 months imprisonment if convicted by magistrates. The offence can attract an unlimited fine and up to five years imprisonment if convicted in a Crown Court.

The pictures on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the image.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute, including publishing a photograph of you if we need to establish your identity. Contact us now and maybe you will be able to avoid prosecution.

## Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement**

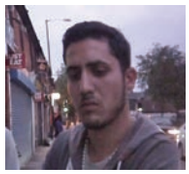
**Ref: 90032426**

**Ref: 90032620**

**Ref: 90032625**

**Ref: 90032649**

**Ref: 90032663**



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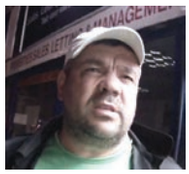

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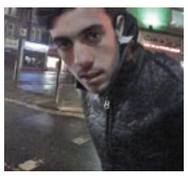

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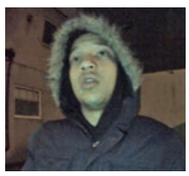

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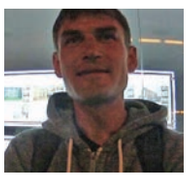

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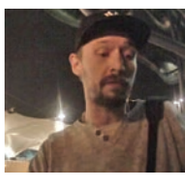


**Ref: 90040879**

**Ref: 90050555**

**Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham**

**Call 020 3373 4479 and quote the reference number beside the picture.**

# CAUGHT ON CAMERA

# OUR NEWHAM

## Chance to net basketball tickets

In September Great Britain's men's basketball team play three games at the Copper Box Arena on Queen Elizabeth Olympic Park as they bid to return to the FIBA EuroBasket finals.

Support from Newham residents could make all the difference and the Newham Mag has five pairs of tickets to give away to the first match against FYR Macedonia on Saturday 3 September at 6.30pm. Great Britain also play Luxembourg on 7 September and Hungary on 10 September.

To be in with a chance of winning a pair of tickets to the first match, tell us the names of all three teams Great Britain are facing. Email entries to **newham.mag@newham.gov.uk** with your name, address and contact number, or write to **Newham Mag, 4th Floor West Wing, 1,000 Dockside Road, E16 2QU**.

Tickets for all matches are available to buy from £14 per person with discounts and concessions available. Visit **www.ticketmaster.co.uk/GBbasketball**

## Getting a buzz from spelling

A spelling competition created a real buzz as youngsters at Cumberland School took part in an event inspired by a teacher with a passion for literacy.

Canadian Lisa Smith, assistant head teacher at the school in Plaistow, introduced staff and pupils to a competition called Spelling Bee in a drive to improve literacy and make spelling fun and cool.

It was the first time the school has staged such a spelling contest, which is popular in North America. Children took part in an inter-year competition and the winners and runners-up then went head-to-head in a final. Student Rhys Scourfield won the competition with Susan Silva and Albion Kadriaj as runners-up.

Lisa said: "The Spelling Bee final was a huge success for the school. Learning how to spell words is one of the most useful lifelong skills for all children."

The successful spellers

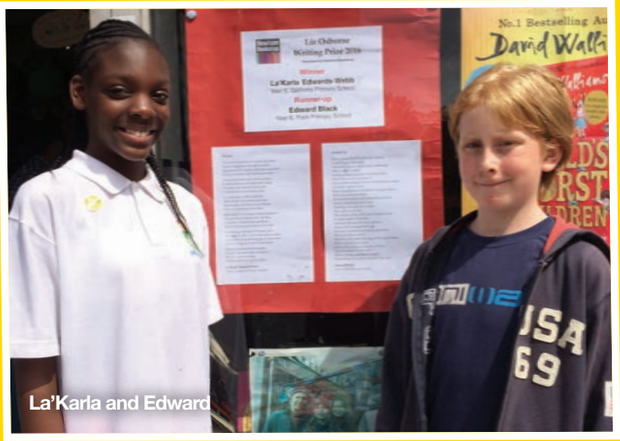
# Big push towards a festival of fun

A charity that runs activities for the disabled and wheelchair users is offering free places to 100 Newham residents in a national celebration of diversity on 4 September.

Parallel London, which takes place in Queen Elizabeth Olympic Park, is open to all ages and all abilities. Those taking part can run, walk, wheel or push, over distances of 100m, 1k, 5k and 10k. There's also a Super Sensory 1k with stimuli along the course from sounds and smells to colours and textures. You can also enjoy a free fun family festival.

To apply for your free place visit **www.parallellondon.com/signup** and choose your challenge. Register your details and enter the code Newham in the coupon section at the checkout stage. It's first come, first served so don't miss out. Child, family and adult places are available. To find out more go to **www.parallellondon.com**

# Children not averse to waxing lyrical



La'Karla and Edward

Hundreds of children from primary schools across the borough took part in a competition to write poems with the theme of Why I Love Living in Newham.

The competition, which was run by Newham Bookshop in Upton Park, was held in the memory of Liz Osborne, a former bookseller at the store who died recently.

Judges read all the entries carefully and declared winner to be La'Karla Edwards-Webb, a Year 5 pupil at Gallions Primary School in Beckton. She received a £30 voucher to spend in the shop plus a £250 voucher for her school. The runner-up was Edward Black, a Year 6 pupil at Park Primary in Stratford who received a £20 voucher and £150 for his school.

Bookshop manager Vivian Archer said: "We were thrilled that there were so many entries which described the best about living in Newham."

# Curtain up on Keir Hardie play

A play about working class hero James Keir Hardie, who dedicated his political career to improving poor working and living conditions, is to be performed free at Newham libraries supported by the borough's community neighbourhood teams.

A Splotch of Red: Keir Hardie in West Ham, tells the story of the man who in 1892 became the first socialist MP in the West Ham South constituency.

James Keir Hardie

The play has been written by local playwright James Kenworth and directed by James Martin Charlton. It takes place at Beckton Globe Library, E6, on 22 August at 4pm; Stratford Library, E15, 23 August, 3pm and 7.30pm; East Ham Library, E6, 24 August, 6pm; and The Gate Library, E7, 25 August, 2pm.

There are also performances at charity Community Links in Barking Road, Canning Town, on 25 and 26 August at 7.30pm, 27 August at 3pm and 7.30pm; and 28 August at 3pm. For information visit **www.splotchofred.co.uk**

# Kids' Corner

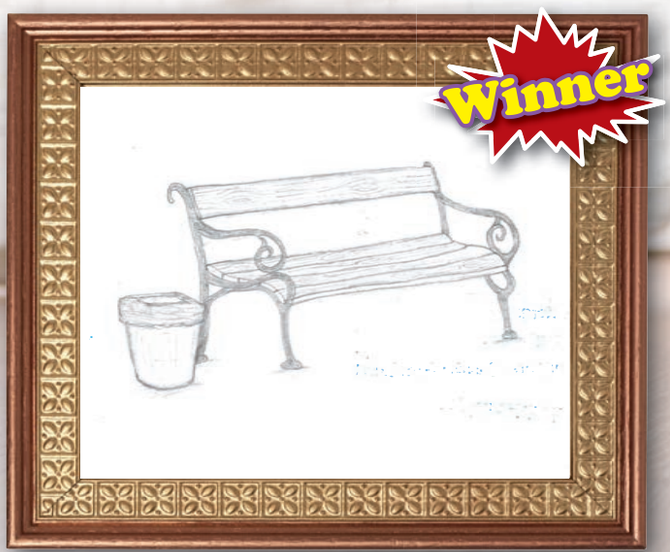
PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
**KIDS' CORNER, WEST WING**
**4TH FLOOR, NEWHAM DOCKSIDE**
**1000 DOCKSIDE ROAD, LONDON E16 2QU**
OR EMAIL THEM TO
**newham.mag@newham.gov.uk**

**Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry**

## GALLERY

Wafa Mubarak, 7

Musfirah Eman, 6




Labibah Khanom, 11

Usman Farooq, 7

# Win free membership at Stratford Picturehouse

**This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.**

To be in with a chance of winning this prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

# Colour-me-in Wordsearch

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| K | C | O | L | L | E | C | T | I | O | N | I | E | A | P | R | E | A | E | O |
| C | O | C | W | R | E | R | T | E | H | M | S | X | A | M | R | R | C | R | T |
| F | K | T | A | E | G | T | U | I | R | U | E | C | U | D | A | O | R | A | H |
| T | K | C | G | N | S | N | R | T | O | U | E | T | S | C | N | O | J | Y | E |
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| I | I | U | G | E | L | H | M | O | O | S | R | U | G | P | O | L | D | A | A |
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| E | D | S | D | C | T | E | A | S | J | E | T | S | C | S | A | L | A | B | E |

Books
Characters
Clothes
Collection
Couches
Doll's House
Furniture
Hinges
Kits
Miniature
Roof
Rooms

# Jokes

What do you get when you cross a snowman with a vampire?
**Frostbite!**

What has four wheels and flies?
**A garbage truck!**

Why are ghosts bad liars?
**Because you can see right through them!**

Waiter, this soup tastes funny ?
**Then why aren't you laughing !**

What do you do if your dog chews a dictionary?
**Take the words out of his mouth!**

Where did the sheep go on vacation?
**The baaaahamas**

Where do you put barking dogs?
**In a barking lot.**

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

# WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

## OUR THRILLING THREE...

1. **Summer Crafting and Chatter** – Free drop in session for all ages so bring your projects and join the chatter. Mondays, 11am-1pm, East Ham Library, 328 Barking Road, E6.

2. **Seedlings Group** – Garden games, music and crafts for the under fives. Free drop in on Wednesdays, 10am-12noon, at The Play Sow and Grow, 6 Gay Road, Stratford.

3. **Community Gardening** – Gardening sessions for everyone regardless of skill or knowledge. Come along and have some fun. Tuesdays, 11.30-2.30pm, St John's Green Community Garden, Albert Road, North Woolwich.

## JOIN UP WITH THE TECH TRIBE

Try this free three-day new technologies camp at the Rabbits Road Institute, Old Manor Park Library, 835 Romford Road, E12.

For children aged 11 to 14 from 22 to 24 August, run by tech geek Kiran Patel. Workshops will explore 3D printing, coding, digital design, game design and creative writing. Places are limited so don't miss out. To book contact **info@rabbitsroadinstitute.org**

## TRY SOMETHING NEW... MARKET GAMES

Free sport at Queens Market, Green Street, Upton Park, E13. Wednesday 24 August, 2-5pm. For ages 9 to 19. Sports include BMX cycling and wheelchair basketball.

**Indicates free sessions**

*Libraries unless stated*

### UNDER-FIVES

***Toy Library***
*Introducing toddlers to borrowing toys. Thurs, 11-12noon, Beckton*

***Storytelling***
*Mon 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues 10.30-11.30am, Thurs, 2-3pm, Plaistow; Sat 11.30am-12noon, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, Tues, 10.30-11.30am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park;*

***Stay and Play***
*Support for parents and carers to develop their child through play.*
*Tues, 9.30-11.30am, Jeyes C.C*

***Jiggaree Session***
*Fri, 10-11am, Plaistow*

***Reading Together***
*Thurs, 2.30-3pm, Custom House*

***Rhyme Time***
*Mon, 2.45-3.30pm; Tues, 10.30 –11.15am, North Woolwich*

***Bumps and Babies***
*Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe*

***Early Talk***
*Singing with your child to support early communication and brain development. Tues, 9.30-11.30am, Plaistow*

***Active Tots***
*Developing children's fitness through fun active play, games and activities. Thurs, 1-2pm, Stratford*

***Music and Movement***
*For children and parents/carers to get active using different types of dance and musical instruments. Mon, 1.30-*

2.30pm, Stratford

## YOUNG PEOPLE

**Summer Reading Challenge** A chance for children to read six library books of their own choice during the summer holidays. Challenge runs at Newham libraries until 13 Sept at various times. For more info, go to www.newham.gov.uk/readingchallenge

**Games Club (7-16yrs)** Sony PS3, XBox360, Nintendo Wii, board games and more. Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Mon-Fri, 3.30-5.30pm, Green St

**Young Readers Club (7-12yrs)** Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

**East Ham Youth Zone** Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

**Just Dance!** Sat, 5.30-6.30pm, Green St

**Family Movie Club** Free films for all the family. Fri, 5.30-7pm, Manor Park; Sat, 4-5.30pm, Green St; Sat, 2pm, Plaistow

**Children's Movie Club (5+)** Thurs, 4-7pm, North Woolwich Tues, Sat, 4.30-6.30pm, Manor Park; Thurs, 4-6pm, The Gate

**Board Games Club** Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; Weds, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

**Young People's Positive Activities (9-19yrs)** Weds, Fri, 7-9pm, Harold Road Centre

**Family Film Night** Sat, 5.30-7.30pm, East Ham

**Crafty Challenges** Fri, 5.30-6.15pm. All ages welcome, East Ham

**1st Stratford Brownies (7-10 yrs)** Girls only children's group. Weds, 6-7:30pm, Play Sow and Grow, 6 Gay Rd, Stratford, E15 2RN, £20 per term (10 weeks). Email guidinginstratford@outlook.com

**East Ham Performing Arts** Fri, 6.30-7.30pm. All ages welcome, East Ham

**Family Fun Night** Family fun with arts and crafts, games and quizzes. Weds, 5.30-7.30pm, East Ham

**East Ham IT Youth Zone** Support in using IT for homework, coursework. Mon, 4-7pm, East Ham

**Children's Chess Club** Club for 8 to 16 year olds. Thurs, 5-6pm, Custom House

**Elevated Aspirations** Performing Arts Summer Programme. The Gate, contact shaka@youngngifted.org or call 07956436743. Catwalk photos and modelling Mon, Weds 2.30-5.30pm; Table Tennis, Mon, Tues 2.30-5.30pm; Dance, Tues, Thurs 2.30-5.30pm; Singing, Thurs, Sat 2.30-5.30pm; Performance Training, Fri, 2.30-5.30pm

**Arts and Craft Workshop (6-12yrs)** Tues, 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich; Sat, 1-2pm, Green St; Thurs, 6-7.30pm, Manor Park; Mon, 4.45-5.45pm, Beckton Globe

## ACTIVITIES AND SUPPORT

**Afternoon tea** Weds, 4-5.30pm, Canning Town

**Chess Club** Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate; Thurs, 5-7pm, Custom House; Weds, 3.30-5pm, Plaistow

**Coffee Mornings** Tues, 11.30-1pm, Beckton; Mon 11-12.30pm, North Woolwich; Thurs, 10.45-12noon, Canning Town; Tues, 11-12.30pm, Custom House; Weds 17 Aug, 11am-1pm, East Ham; Tues 16 Aug, 10.30am-12noon, Plaistow

**Do It Online (18yrs+)** Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Weds, 2-3.30pm, Beckton Globe; Thurs, 1.45-2.45pm, Custom House; Weds, 10am-12noon, Plaistow

**Knit & Natter (16yrs+)** Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow; Weds, 10.30-12.30pm, Green St

**ICT Surgery** IT advice for all ages. Fri, 2-4pm, Canning Town

**ICT Drop-in Session** Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; Weds, 10.30am-12noon, Stratford

**Deafroots Deaf Club** Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.

**Life in the UK Classes** 12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St; Tues, 12noon-2pm, Stratford; Tues, 10am-12noon, Beckton Globe

**ESOL for Beginners** Thurs, 9.30am-2pm, Katherine Rd C.C; Tues, 9.30-12noon, Fri, 9.30-12.30pm, Jack Cornwell C.C. Call 020 8548 9825 to enrol.

**Ballroom Dancing (18yrs+)** Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

**Citizens Advice Sessions** Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

**Introduction to Newham Online Course** More than 500 free courses. Sat, 11am-12.30pm, Manor Park

**Basic Computer Skills** Fri, 10.30am-12.30pm, Manor Park

**My Newham Workshop** Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

**Stratford London Toastmasters** Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

**Docklands Drop-In Group** Weds, 1-3pm, Beckton C.C.

**Chai and Chat Women Group (18+)** For women who use mental health service only. Weds, 10.30-12.30pm, Plaistow

**BPCA Day Care Centre** For people with multiple disabilities. Mon-Fri, 9am-4pm, Beckton C.C.

**Get Connected** Bring your own device. Weds, 2-3.30pm, Plaistow

**English Conversation Club** Mon, 6-7.30pm, Manor Park; Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Weds, 10.30-11.30am, Beckton Globe; Sat, 10-12noon, Stratford; Mon, 10-11am, Plaistow

**Model Train Workshop** Mon, 12.30-3.30pm, North Woolwich

**Martial Arts (7-12yrs)** £2. Tues, 6.45-7.45pm; Thurs, 4.45-5.45pm, Beckton Globe

**Basic English for Beginners** Mon, Weds and

Thurs, 10.30-11.30am, Green St

**Acupressure (16+)**
Relieve physical and medical problems with pressure points. £5 per session. Sat, 1-3pm, Plaistow

**National Careers Service**
Advice on careers and qualifications. To book call 07415241941. 1st and 3rd Thurs of the month, Stratford

**Poetry Group (16+)**
Fun and practical art class (poetry focus). For more info email sonesquin@hotmail.com Weds, 11am-1pm, Stratford

**Workplace Drop-Ins**
For Newham residents seeking employment to discuss job vacancies, training etc. Weds, 24 Aug, 2-4pm, Stratford. For more info email: rehana.b@newham.gov.uk

**Creative Writing**
Thurs, 18 Aug, 6.30-8pm, Beckton Globe; Thurs 25 Aug, 5.45-7.30pm, The Gate

**Stitch and Mend**
Learn to use sewing machine while working on your project or join with apron making. Tues, 10-12noon, Play, Sow and Grow at 6 Gay Road, Stratford, E15

**International Lunch Club**
Cost £3 per meal. First come, first served. Mon, 12noon, Beckton C.C.

**Dominoes (13+)**
Learn new or brush up on the basics of the game. Sat, 2.30-7pm, Beckton

**Active Minds Café**
Activities, advice and guidance on offer to support mental wellbeing in Newham. Thurs, 18 Aug, 12noon to 2pm, Stratford

**Singing for the brain**
Singing lessons to bring people together in a friendly and stimulating social environment. 2nd and 4th Tues of the month, 12.30-2.30pm, Stratford

**Safer Neighbourhood Drop-In** Come and speak to your Safer Neighbourhood Team about any concerns you may have relating to day to day crime and disorder issues. Thurs, 25 Aug, 10-11.30am, Canning Town

**Together We Can**
Fortnightly social group for adults under 50 who have had a stroke. Fri, 19 Aug, 2-4pm, Plaistow

**CYANA**
Cancer You Are Not Alone, information stall/drop-in advice session. Thurs, 25 Aug, 3-5pm, The Gate

**Grant Support drop in**
Session for residents to gain information and advice on how to apply for grants and funding to hold community events and activities. Booking required, for 18+. Thurs, 18 Aug, 5.30-6.30pm, Plaistow

**Grants Surgery**
Drop in for guidance and to find out more about applying for "Lets Get the Party Started" and "Go For It" grants. Tues, 11-12noon, The Gate

## COMMUNITY ACTIVITIES

**Mums2be Meetup**
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

**Mums, Bumps and Babies**
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

**Senior Volunteer Police Cadets (13-17 yrs)** Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

**Newham Super Choir**
Tues, 10.30-12noon, Beckton C.C, £3.50, 1st session free

**ManorFam**
Bringing local families together, to share experiences, support each other and make friends and engage in different craft activities. Mon, 10.30-12.30pm, Manor Park

## BOXING AND SELF DEFENCE

**Boxing (Newham College)**
Mon, 5-6pm, East Ham College, High St South, E6

**Fight For Peace Boxing**
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

**Boxing and Self Defence (16+)** Tues, 5-6pm, Jack Cornwell C.C

**Street Self Defence**
12 week course. Weds, 6.45-8pm, Altmore Infants School, Altmore Ave, E6 2BX. Call 07484 326 853 for more details

**West Ham Boys ABC**
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

**Martial Arts**
Learn new skills, gain self defence techniques, boost confidence. For adults, £3. Thurs, 6pm-7pm, Beckton Globe

## HEALTH AND FITNESS

**Salsa Dancing (18yrs+)**
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

**Nordic Walking** Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

**Tai Chi Class**
Fri, 10-11am, Beckton C.C. Fri, 11am-12noon, The Gate. Fri, 5-6pm, Beckton Globe

**Yoga**
Mon, 6-7.30pm, Beckton Globe; Mon, Tues, 6-7.30pm, Green St, £1. Sat, 10am-12noon, Thurs, 6-7.45pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Sat, 10am-12noon, Plaistow; Thurs, 6.30-7.30am, Grassroots; Weds, 6-7.30pm, East Ham, £1

**Tone-Tastic**
18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

**Aerobics**
Tues, 9.30-10.30am, Jack Cornwell C.C £2

**Keep Fit to Salsa (18+)**
Sat, 2.30-4pm, The Gate

**Slimming World** Mon, 5.30-9pm, Beckton C.C. £5

**Walking Group**
Fun walk, warm up games and cool down with light refreshment. All ages. Meet at the library. Sat, 10am-11am, Plaistow

**Park Life Walks**
Free guided walks to local parks. All ages and abilities, families welcome. Mon, 10.30, Green St; Tues, 11.30am-12.30pm, Beckton Globe

**Zumba**
UnityZumba. All 8-9pm. Mon, Lister Room, East Ham Town Hall; Tues, St Mark's C.C, Tollgate Rd, Beckton; Weds, Lister Room, East Ham Town Hall; Thurs, St Mark's C.C, Tollgate Rd, Beckton. All sessions £5. Book at 07886 884573 or at info@ufdance.co.uk

**Zumba for Men**
Come along and try Zumba regular sessions. No need for prior experience, numbers are limited, so arrive on time to ensure your place. 18+. Weds, 6-7pm, Stratford

**Buggy Fit**
Free guided walk to the local park with your buggy. For parents/carers. Tues, 11.30-12.30pm, The Gate

## 50+ ACTIVITIES

**Bingo (50+yrs)**
Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

**ICCAN**
Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

**Active Centre 50+ Group**
Weds, 12noon-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C. C.

**Dominoes Group**
Fri, 6-10pm, Field C.C

**Chair Based Yoga**
Tues, 12.30-1.30pm, Manor Park

**Forever Young**
Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

**Happy Living Club**
Indoor and outdoor activities. Tues, Weds 1.30-5.30pm, Jeyes C.C

**Holiday Spanish Club**
Weds, 12.30-1.30pm, Manor Park

**Walking Football**
Tues, Sat, 10-11am, Flanders Field, E6 2SG. Email mark.blythe@bonnydowns.org or call 020 8586 7070.

**Steel Pan Music Therapy**
For people with learning and physical disabilities, dementia and stroke. Fri, 11.30am-1.30pm, Beckton C.C

**Get Active, Get Healthy, and Exercises for Fitness**
Thurs, 11-12noon, Jack Cornwell C.C.

**Line Dancing**
Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

**Get Active, Get Healthy – Walk to the Park** Mon, 10.30-11.30am, Manor Park Library

**Backsercise**
Tues, 6-7pm, The Gate

**Get Active Get Healthy, Zumba/Salsa** For men and women aged 50+. Thurs, 10-11am, until 29 Sep, Barking Rd Community Centre.

**Health and Well Being**
Tips for healthy diet & cooking. Thurs, 9 June-4 Aug, 3-4.30pm, 3.30-4.30pm, Jeyes C.C

**Get Active Get Healthy, Line Dancing and Folk Dance** Suitable for all levels, open to men and women. Thurs, 11am-12noon, Barking Rd C.C until 29 Sept

**Community Food Growing Project** Come and grow food together in our new community growing space. Meet at the library Weds, 10am-12noon, East Ham

**Community Cooking Project**
Six-week course. Learn to cook tasty and nutritious dishes. Advance booking is required. Contact site for more information. Weds, 11-45am-1.15pm, East Ham, £6 for the course

**Tea and Games** Weds, 1-3pm, Jack Cornwell C.C.

**Zumba & Indian Dance**
Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

**Chair Based Exercises**
Come along and try out regular exercise sessions. Numbers are limited, so arrive on time to ensure your place. Weds, 10.45-11.45am, Community Road Centre, Stratford

**Pilates Class**
Tues, 9.30-10.30am, Field C.C

## GREEN

**Green Gym** Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

**Green Volunteering** Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

**Garden Club**
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

**Gardening Thymes Gardening Club** Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

**Grow Together Be Together Community Gardening Club** Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

**Caravanserai Garden Volunteering** Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

## DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

**Athletics Club (14yrs+)**
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

**Gym & Basketball (14yrs+)**
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

## FEMALE SPORTS

**Basketball Sessions**
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

**Female Boxfit (14yrs+)**
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

**Girls Group Cycling (11-15 yrs)**
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

**Modern Arnis Martial Arts (16yrs+)** Tues, 5-6pm, Jack Cornwell C.C. Ring 07473 030 250

**Female Only Gym Sessions**
Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

**Get Back into Netball** Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

**Abs Blast (11-15yrs)**
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

**Fun Female Fitness (14yrs+)** Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

**Netball (14yrs+)**
Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

**Female Only Zumba**
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE. £2.50

**Dare2Dance (12-16yrs)**
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

**Ability Club (14-25yrs)**
Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

**Swim for Families Dealing with Autism**
Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

**Family Swims**
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

**Get Fit for Free**
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

## RUNNING

**Beckton Park Run**
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

**Run England**
£2 unless stated. Sun, 10am-12noon, Newham Leisure

Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.

***East End Road Runners***
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

## SPORTS

***Cricket (14yrs+)***
Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269 226

***Lister Table Tennis Satellite Club (11-25yrs)***
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call 07888 830 179

***Indoor Cricket (8-16yrs)***
Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

***Black Arrows Badminton Club***
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

***Newham and Essex Beagles Athletics Club***
Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

***BMX (6-16yrs)***
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

***Adult Tennis (16+)***
Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

***Table Tennis (14yrs)***
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

***Volleyball with Newham College (14yrs+)*** Thurs, 5.30-7pm, East Ham Leisure Centre, email: sports@newham.ac.uk

## FOOTBALL

***AIR Football (16yrs+)***
Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

***Football and Athletics***
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

***Football & Multi Sports***
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

***Mayor's Football League***
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

***Premier League (16yrs+)***
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

***WHU Kicks***
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

***Ascension Football***
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

## BASKETBALL

***Basketball & Multi Sports***
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

***Basketball Sessions***
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

***National League***
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

***NCFE Sports – Basketball***
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

***Senior Programme***
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

***Basketball (14yrs+)***
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

## CONTACT THE MAYOR

The Mayor does not hold face to face and telephone surgeries in August. Any query will still be answered if you email mayor@newham.gov.uk or write to Mayor Sir Robin Wales, London Borough of Newham, Newham Dockside, 1000 Dockside Road London E16 2QU

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

***Beckton Globe*** 1 Kingsford Wy, E6
***Canning Town*** Barking Rd, E16
***Custom House*** Prince Regent Ln, E16
***East Ham*** 328 Barking Rd, E6
***Green Street*** 337-341 Green St, E13
***The Gate*** 6-8 Woodgrange Rd, E7
***Manor Park*** 685-691 Romford Rd, E12
***North Woolwich*** 5 Pier Parade, E16
***Plaistow*** North St, E13
***Stratford*** 3 The Grove, E15
***Archives and Local Studies*** 020 3373 6881
***Community Outreach*** 020 337 30813
***Church of God*** 37 Manor Park Road, E12, 020 8911 9494
***The International Quarter Marketing Suite*** Celebration Avenue, E20 1DB

### LEISURE & SPORTS VENUES

***Atherton Leisure Centre*** 189 Romford Rd, E15
***Balaam Leisure Centre*** 14 Balaam St, E13
***East Ham Leisure Centre*** 324 Barking Rd, E6
***Newham Leisure Centre*** 281 Prince Regent Ln, E13
***NewVic*** Prince Regent Ln, E13
***UEL SportsDock*** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C)

***Beckton Community Centre*** 14 Manor Wy, E6, 020 7511 1214
***East Ham Market Hall*** Myrtle Rd, E6 1HY, 01708 740 092
***Field Community Centre*** 147 Station Rd, E7 020 8536 2800
***Grassroots Centre*** Memorial Park, Memorial Ave, E15, 020 3373 0650
***The Hub*** 123 Star Ln, E16 020 3373 0750
***Jack Cornwell Community Centre*** Jack Cornwell St, E12 020 8553 3459
***Jeyes Community Centre*** 1 James Cl, E13, 020 3373 2205
***Katherine Rd Community Centre*** 254 Katherine Rd, E7, 020 8548 9825
***St Mark's Community Centre*** 218 Tollgate Rd, E6, 020 7474 1687
***Vicarage Ln Community Centre*** Govier Cl, E15, 020 8519 0235
***Harold Rd Centre*** 170 Harold Road, E13 0SE, 020 8472 2805
***Queens Market*** Green St,E13
***Rabbits Rd Institute*** 835 Romford Rd, London E12 5JY
***Royal Docks Learning Activity Centre*** Albert Rd, North Woolwich, E16 2JB
***St John's Green Community Garden*** Albert Rd, North Woolwich E16 2JB


All listings may be subject to change. Please contact individual events and activities before attending.

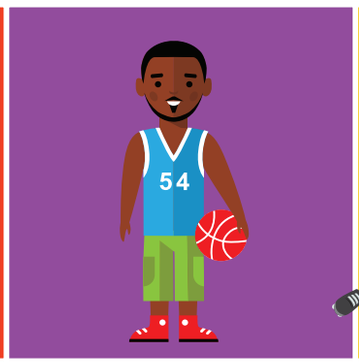
London Borough of Newham
COMMUNITY NEIGHBOURHOODS

Newham London

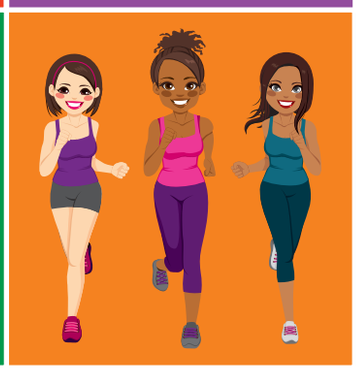
# RUN, WALK, GARDEN OR YOGA TOWARDS NEWHAM'S MILLION MILES

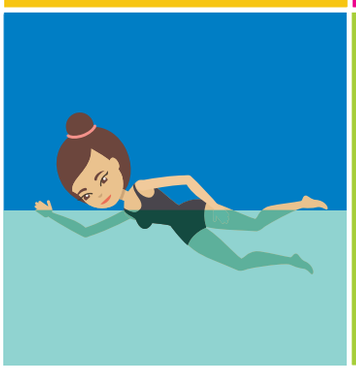
Register from **3 September**. The challenge starts on **1 October**

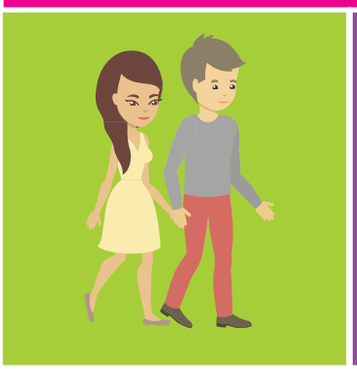
**www.millionmilestogether.org/newham**

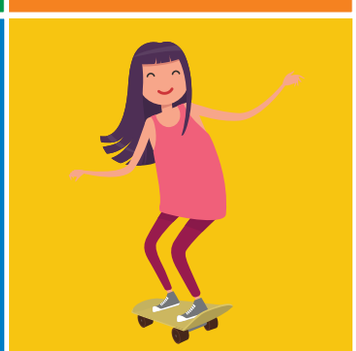


Record your physical activity to help Newham reach a million miles in 100 days. Take part as a team, with family, friends, classmates, colleagues or on your own . Whatever you do, whoever you are, add your activity and it will be converted into miles and added towards Newham's Million Miles.









NEWHAM'S million miles TOGETHER

London City Airport
Get closer.

Newham London

# UNDER THE STARS

## FOUR NIGHTS OF FREE LIVE OUTDOOR MUSIC

### THURSDAY 18 AUGUST

**JUNIOR MARVIN'S ★ WAILERS ★**

**THE LEE THOMPSON SKA ORCHESTRA**

**SANDRA CROSS**

### FRIDAY 19 AUGUST

**JAZ DHAMI**

**IMRAN KHAN**

**ZACK KNIGHT**

**HEMINA SHAH**

**HOSTED BY TOMMY SANDHU & DJ SACHY**

### SATURDAY 20 AUGUST

**Björn Again**

**ALEXANDER O'NEAL**

**HEATWAVE**

### SUNDAY 21 AUGUST

**ROYAL PHILHARMONIC ORCHESTRA**

**FIREWORKS GRAND FINALE**

**Central Park, East Ham, E6 | Gates Open 6.30pm daily**

**Visit www.newham.gov.uk/uts**

**@NewhamLondon #NewhamUTS newhamevents**

No parking on site, please use public transport. You may be searched as a condition of entry.
No glass bottles or dogs allowed on site. Programme subject to change.

Mayor of Newham